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*Where specialized care begins  
and hope never ends*

HealthBridge Arlington Heights  
1200 North Arlington Heights Road  
Arlington Heights, IL 60004



## HealthBridge of Arlington Heights Patient/Family Admissions Guide

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Welcome to HealthBridge Arlington Heights! Our dedicated team of professionals is committed to providing the care and support you need to achieve the most complete recovery possible. We hope this guide will help you and your loved ones get oriented to your new surroundings and answer some questions. If you have any other questions or concerns, please do not hesitate to ask us and we will be happy to assist you.



# PATIENT AND FAMILY GUIDE

## Evaluation and Treatment

Each of our patients has an individualized treatment plan. Our team will evaluate on the first visit and develop a plan that focuses on your needs and concerns.

## Medication

All medication will be administered by a nurse. This includes prescription and over-the-counter drugs. Medications should not be brought in from home unless advised by your nurse or physician to do so, and should be given to the nurse in charge for storage.

## Clothing

Plan to wear loose comfortable clothing that is easy to remove for care and will not interfere with therapy. Label clothes with patient name. Shoes should be supportive and non-skid.

## Personal Laundry

Laundry can be done by a family member or for a small fee at the facility.

## Personal Items/Inventory

To make your loved one feel more comfortable, we encourage you to bring personal items from home such as photos, blankets or music. All items will be logged on an Inventory list upon arrival. Please ensure that any personal items brought in later are added to the Inventory detail.

## Pets

Pets are allowed in designated areas with the permission of the Administrator and only if certain criteria have been met. Contact the Administrator for more information.

## Suggested Visiting Hours

Every day: 8am – 8pm

## Parking

Available in front of the building or in our side parking lot behind Fire station.

## Safety

For the safety of you and your loved ones, our buildings are always locked after visiting hours. Please ring doorbell for to gain access after hours.

## Meals

Meals are planned daily by our Dietician. Food items should not be stored in a resident's bedside cabinets for pest and infection control reasons.

## Meal Times

Breakfast: 7:30am – 9am  
Lunch: 11:30 am – 1pm  
Dinner: 4:30pm - 6:30pm

## Internet

Our building is equipped with Wi-Fi. Please see a staff member for password.

## Smoking

All HealthBridge facilities are non-smoking.

## Community Outings

When medically ready, you may participate in community outings.

## Questions

Please contact the administrator if you have further questions

# COMMUNITY RESOURCES

## Local Transportation

Taxi: Rolling Meadows Taxi Cab (630) 277- 2603

Bus: Pace Suburban Bus (847) 364-7223

Train Station: Metra- Arlington Heights

Non-medical transport companies: Please see Clinical Support Team

## Non-Profit Organizations

Brain Injury Association- [biausa.org](http://biausa.org)

ALS Association- [alsa.org](http://alsa.org)

MS Society- [mymsaa.org](http://mymsaa.org)

VA- [pva.org](http://pva.org)

## Nearby Restaurants/Grocery stores

1. Olive Garden, 630 E Rand Rd, Arlington Heights, IL 60004
2. Chipotle, 338 E Rand Rd, Arlington Heights, IL 60004
3. Mango Grill & Cantina, 115 W Campbell St, Arlington Heights, IL 60005
4. Salsa 17, 17 W Campbell St, Arlington Heights, IL 60005
5. Nikko's Restaurant, 1421 N Rand Rd, Arlington Heights, IL 60004
6. Aldi, 1432 E Rand Rd, Prospect Heights, IL 60070
7. Tony's Finer Foods, 1241 N Rand Rd, Prospect Heights, IL 60004
8. Trader Joe's, 17 W Rand Rd, Arlington Heights, IL 60004
9. Jewel Osco, 122 N Vail Ave, Arlington Heights, IL 60005
10. Walmart Superstore, 1555 N Rand Rd, Palatine, IL 60074

## Nearby Shopping centers (e.g. Dept. stores/Target/etc.)

1. Target, 1700 E Rand Rd, Arlington Heights, IL 60004
2. Randhurst Mall, Elmhurst and Rand Rd.
3. Burlington, 30 W Rand Rd, Arlington Heights, IL 60004
4. Marshall's, 310 E Rand Rd, Unit 392, Arlington Heights, IL 60004

## Nearby Places of Worship

1. First Presbyterian Church of Arlington Heights -847-255-5900
2. St. James Catholic Church- 224-345-7200

## Nearby Hotels

1. La Quinta Inn, 1900 E Oakton St, Arlington Heights, IL 60004
2. Holiday Inn, 200 E Rand Rd, Mount Prospect, IL 60056
3. Red Roof Inn 1200 N Frontage Rd, Palatine, IL 60074
4. Hilton Garden Inn 1191 Woodfield Rd, Schaumburg, IL 60173
5. Ronald McDonald House Charities of Chicagoland, Oak Brook, IL 60523